CLAIMS

I claim:

1. A device adapted for supporting a forearm of a keyboard operator comprising: a cushioned pad, wherein the pad is adapted to be large enough to accommodate at least a portion of the operator's forearm on top of said pad;

a support base, wherein the support base has an upper portion that is attached to the cushioned pad and a lower portion that is adapted to attach to a working surface, wherein the working surface is a flat surface on which a keyboard is located; and,

a support extension that is housed between the cushioned pad and the support base, wherein the support extension can be controllably slid between an extended position and a closed position, the support extension providing support to the operator's forearm in addition to a support provided by the cushioned pad.

- 2. The device of claim 1, wherein the cushioned pad has an inclining surface caused by a varying thickness of the pad, wherein a portion of the pad furthest from the operator is thicker than a portion of the pad closest to the operator.
- 3. The device of claim 1, wherein the cushioned pad includes a soft inner material and a durable outer covering, including cloth, vinyl and leather.
- 4. The device of claim 1, wherein the support extension includes a tab that protrudes out of a side of the device, the tab being used to move the extension between the extended and the closed positions.

- 5. The device of claim 1, wherein the lower portion of the support base includes a layer of rubber material and the rubber material contacts a top of the working surface when the device is attached to the working surface.
- 6. The device of claim 1, wherein the lower portion of the support base includes a clamp that is comprised of a bracket that is attached to a bottom of the device and a screw that is mechanically attached to and passes through the bracket.
- 7. A forearm support apparatus for computer keyboard operators comprising: a supporting base that includes;

a flat rigid horizontal lower member with a slot in extending a distance from a front edge of the horizontal member to a rear portion of said lower member,

a vertical side member attached to each side of the horizontal lower member, each side member extending substantially the entire length of the lower member and each side member provided with a horizontal slot of a sliding length,

a front member attached to the front edge of the horizontal lower member;

a horizontal sliding arm support that includes;

a flat horizontal surface made of a rigid material, a width of the flat horizontal surface being substantially the same but slightly less than the width of the horizontal lower member,

tabs attached to each side and near a front end of the sliding arm support, each tab of said sliding arm support engaging respective slots in the vertical side members of the supporting base,

a cushion comprising;

a pad made of soft flexible material that substantially covers a top of the supporting base,

a cover that substantially covers the pad; and,

an attachment system attached to the horizontal lower member of the supporting base for securing the apparatus to a horizontal work surface.

- 8. The apparatus of claim 7, wherein one or more strips of rubber are attached to the horizontal lower member of the supporting base.
- 9. The apparatus of claim 7, wherein an angle of the vertical member with respect to the horizontal lower member is 70 degrees sloping towards the rear of the apparatus.
- 10. The apparatus of claim 7, wherein the attachment system is comprised of a screw clamp, a clamping surface of said clamp being covered with rubber.
- 11. The apparatus of claim 7, wherein a screw is threaded up through the front edge of the supporting base to aid holding the sliding arm in place.
- 12. The apparatus of claim 7, wherein the width of the supporting base is approximately 4 6 inches.
- 13. The apparatus of claim 7, wherein the overall height of the apparatus is approximately 2 3 inches.

- 14. The apparatus of claim 7, wherein the sliding arm support when fully extended extends 5 inches past the rear edge of the lower member of the supporting base.
- 15. The apparatus of claim 7, wherein the horizontal sliding arm support also includes a T-shaped tab attached to a lower surface of the sliding arm support near the front end of said sliding arm support, the tab engaging the slot in the lower member of the supporting base,